

## Post Treatment

- Some redness and edema may be present after therapy
- Moisturizers are encouraged following therapy along with SUN SCREEN use everyday
- If crusting or blisters, then Vaseline ointment 4 + x 's per day and no make up....
- May repeat every one to two months based on need
- Typically 3 sessions are needed for significant tightening but may be continued if continuing to see progress.

## Interval

Under most cases, a month break between therapy is advised to allow for collagen stimulation.

ReFirme™ Syneron®

## Information

<http://syneron-candela.com/na/treatment/refirme>  
<http://syneron-candela.com/na/treatment/photo-rejuvenation-pigmentation-treatment/FAQ>  
<http://syneron-candela.com/na/product/emax>  
<http://syneron-candela.com/na>

## ST and VENUS LEGACY and Non-ablative 1540 cynosure laser

*Can all be used in combination*

## ST (monotherapy)

(standalone ST)

**FACE:** \$675 /3 PACK

**FACE AND NECK:** \$1000/3pack

**EYE - Periocular:** \$550 /3pack

**HANDS:** \$500 /3pack

**MOUTH - Perioral:** \$500 /3pack

**STRETCH MARKS - Striae:**

- <2cm \$100/session
- <5cm \$150/session
- <10cm \$250/session
- 10-30cm sq: \$300/session

## \*SR or SRA prior to ST\*

**FACE:** \$950 / 3 pk (SR&ST same day)

**FACE and NECK:** \$1,300 / 3 pk (SR&ST same day)

**EYE-Periocular:** \$800/3 pk SR&ST same day

**Stretch Marks with marked vascular component** (SR & ST same day)

< 2 cm \$150/session

< 5cm \$200/session

< 10 cm \$300/session

10-30cm sq: \$350/session

**Greater Des Moines Dermatology**

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# SKIN TIGHTENING

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## ReFirme™ (ST) Therapy

\*\*May be used immediately following SR or SRA therapy if pigment/vascular therapy needed in addition to tightening\*\*  
\*\* May be used in concert with Venus Legacy™ for difficult areas of the lip or forehead.\*\*

## Greater Des Moines Dermatology PC

Timothy Abrahamson MD 08/2018

The FDA-approved ReFirme™ ST Applicator from Syneron® offers a non-ablative option for skin tightening. Conventional skin tightening treatments are time- and treatment-intensive and often too painful for many patients. With the ReFirme ST therapy, you can have tight, firmer skin without surgery. ReFirme™ is ideal for targeting those telltale signs of aging, including, jowl and neck laxity, sagging under the eyes, saggy brow lines, stretch marks, and nasolabial folds

The ReFirme™ ST procedure combines safe and effective levels of infrared light and bipolar radiofrequency energies to remodel the dermal layer of the skin by stimulating new collagen growth. Both laser and radiofrequency have been used separately for decades in medicine and surgery, but the **ST** exclusively combines infrared light and bipolar radio-frequency energy for ideal treatment outcomes with a very low risk of side effects and virtually no down-time. Fine wrinkles are reduced, noticeable lifting can be observed and the texture of your skin becomes smoother, more luminous and toned.

### **elōs Increased Safety & Satisfaction**

- Safe and effective industry-leading medical aesthetic technology
- Significantly less energy required compared to conventional lasers and IPL

- Features Active Dermal Monitoring™ and electrode contact check

### **Minimal to no downtime**

- Most people experience no side effects, though a few may exhibit some short-term local reddening should be expected
- elōs advantages translate to enhanced patient comfort, convenience, & satisfaction
- Patient can wear cosmetics immediately
- Patient can return to work and activities

### **Areas of emphasis:**

- Perioral lines (marionette and “smoker” lines)
- Periocular (wrinkles and dusky hue)
- Abdomen (striae, stretch marks)
- Neck (jowels, loose skin)
- Hand loose skin
- Crows feet
- Stretch marks/Striae

### **Optimal Pain Control**

LMX, Lidoworx, and other OTC 2-4% lidocaine ointment can be obtained from your local pharmacy. **EMLA generic** can be called in. Started at least 30 minutes before every 10 minutes thinly.

### **Pre-Treatment**

- Topical anesthetics may be used pre-treatment
- These include LMX, Lidoworx, and other OTC 2% lidocaine ointments.
- If using, you should apply at least 30, 20, and 10 minutes before arrival to appointment to the planned treatment site.
- Your local pharmacy should have one of these options.
- We can also call in **Generic EMLA**

### **Treatment**

- You will feel a mild snapping feeling (like a rubber band) with treatment if topical anesthesia is not used.
- You will wear protective shields during therapy but the sensation of the visual flash will still occur.

### **VENUS LEGACY**

For many areas, the VENUS LEGACY is more powerful. However, some areas of the lips and temples or forehead may need ST therapy if resistant to LEGACY THERAPY heat tolerance.

### **Cynosure 1540**

This non-ablative laser help improve skin changes including scarring without downtime.